WHAT IS CLAIMED IS:

1. A push type fitting capable of freely changing a length of a chain loop such as a necklace or a bracelet, said push type fitting comprising:

a hollow outer body having an aperture at one end and a pair of holes opposing each other in side surfaces of said body, said pair of holes being substantially perpendicular to said aperture, said pair of holes adapted for receiving the chain, and said body having a connecting ring;

a sliding body at least partly housed inside said outer body and movable up and down, said sliding body being closed at one end and having an aperture at the other end, and having a pair of through holes opposing each other on side surfaces of the sliding body substantially perpendicular to the aperture adapted for passing the chain there through;

a ring body housed inside said sliding body forming an approximately rectangular or circular ring shape, and having a penetrated aperture portion adapted for passing the chain there through; and

a coil spring housed inside said sliding body, and biasing said sliding body and said ring body in a direction to catch the chain.

- 2. A push type fitting according to claim 1, wherein said outer body is replaceable.
- 3. A push type fitting according to claim 1 further comprising a clasp connected to said connecting ring.

4. A push type fitting comprising:

a hollow outer body having sidewalls and a pair of opposing holes therein;

a hollow sliding body at least partly housed in said outer body having sidewalls and a pair of opposing through holes therein;

a ring body housed at least partly in said sliding body having an aperture; and
a spring held in said sliding body between said sliding body and said ring body;
whereby the sliding body is slideable between position where the through holes in
said sliding body and aperture in said ring body are aligned and a position where they are
misaligned.

5. A push type fitting for freely changing the length of a chain loop having a clasp connector at one end, the fitting comprising:

a hollow outer body having an aperture at one end and a pair of opposing holes in sidewalls substantially perpendicular to the outer body aperture;

a hollow sliding body partly extending into said outer body aperture and slideable in said outer body, said sliding body having a closed end, an aperture at the other end, sidewalls and a pair of opposing through holes in said sliding body sidewalls;

a ring body partly extending into and slideable within said sliding body;

a spring in said sliding body between said closed end and said ring body for biasing the ring body to catch the chain between the ring body and sliding body; and

a clasp connected to said outer body adapted for connection to the clasp connector on the chain.